What is Claimed is:

1. An interlocking isolator for a proton exchange membrane fuel cell comprising:

(a) a continuous polymer frame rectangular shape, said frame having a top and bottom, four corners and an inner and outer edge;

(b) a lock at the inner edge of said frame for positioning of two flow plates with a membrane electrode assembly and a diffusion layer of a fuel cell with the frame; and

(c) a means in the frame for slidably interlocking an adjacent frame thereto to create a fuel cell stack.

2. The interlocking isolator of claim 1 wherein said means for slidably interlocking the frame to an adjacent frame to create the fuel cell stack comprises a groove on the top of the outer edge and extending around the rectangular frame and a tongue or tab on the bottom outer edge of each corner of the frame sized to slide into the groove.